

# 2008-2009 Extra Credit Assignment ( All PE Class )

**This Extra Credit Assignment Is Intended To Help You With Your Push –Ups & Sit-Ups.**

**If completed you can earn 10 extra credit points!**

✱ **In Order To Earn All 10 Points You Must;**

- ✓ *Do a 1 minute timed push-up & 1 minute timed sit-up routine during the school break.*
- ✓ *You must write down all your push-up & sit-up scores, and have your parents/guardians signature indicating that you did this.*
- ✓ *To get all 10 points you must complete at least 10 push-ups & 10 sit-ups in 1 minute.*

**~1 Min. Push-Up Journal**

**Push-Up Journal #1:**

Amount:

**Push-Up Journal #2:**

Amount:

**Push-Up Journal #3:**

Amount:

**Push-Up Journal #4:**

Amount:

**Push-Up Journal #5:**

Amount:

**Push-Up Journal #6:**

Amount:

**Push-Up Journal #7:**

Amount:

**Push-Up Journal #8:**

Amount:

**Push-Up Journal #9:**

Amount:

**Push-Up Journal #10:**

Amount:

**~1 Min. Sit-Up Journal**

**Sit-Up Journal #1:**

Amount:

**Sit-Up Journal #2:**

Amount:

**Sit-Up Journal #3:**

Amount:

**Sit-Up Journal #4:**

Amount:

**Sit-Up Journal #5:**

Amount:

**Sit-Up Journal #6:**

Amount:

**Sit-Up Journal #7:**

Amount:

**Sit-Up Journal #8:**

Amount:

**Sit-Up Journal #9:**

Amount:

**Sit-Up Journal #10:**

Amount:

Parent/Guardian Signature \_\_\_\_\_ Date: \_\_\_\_\_

Student Signature \_\_\_\_\_ Date: \_\_\_\_\_